

### **Listing of Claims**

This listing of claims will replace all prior versions of claims in the application.

1-16 (Cancelled)

17.) (Original) A method for reducing blood cholesterol controlling postprandial blood glucose and insulin levels, in a patient in need of such treatment, comprising administering to said patient:

- a.) beta-glucan soluble fiber or a source of beta-glucan soluble fiber ; and
- b.) a non-digestible far or a source of non-digestible fat; or
- c.) mixtures of (a) and (b); said method comprising oral ingestion, by said patient, of a sufficient amount of component (a) to result in the ingestion of at least about 1.5g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of at least about 10g of non-digestible fat per day.

18.) (Original) A method according to Claim 17 which comprises chronic ingestion.

19.) (Original) A method according to Claim 17 wherein ingestion occurs at two or more regularly-spaced intervals throughout the day.

20.) (Original) The method according to Claim 17 comprising oral ingestion of a sufficient amount of component (a) to result in the ingestion of from about 1.5g to 15g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of from about 10g to about 40g of non-digestible fat per day.

21.) (Original) A method according to Claim 20 which comprises chronic ingestion.

22.) (Original) A method according to Claim 20 wherein ingestion occurs at two or more regularly-spaced intervals throughout the day.

23.) (Original) A sheetable dough comprising a sufficient amount of beta-glucan soluble fiber or source of beta-glucan soluble fiber to provide said dough with a beta-glucan soluble fiber level of at least about 1% by weight.

24.) (Original) The dough of Claim 23 wherein said dough has a beta-glucan soluble fiber level of at least about 2% by weight.

25.) (Original) The dough of Claim 23 wherein said dough has a beta-glucan soluble fiber level from about 1% to about 10% by weight.

26.) (Original) The dough of Claim 23 comprising a carbohydrate source in addition to said beta-glucan soluble fiber and a fat source.

27-28 (Cancelled)